



# Caregiver Corner

City of Alexandria  
Division of Aging and Adult Services

If you wish to travel far and fast, travel light. Take off all your envies, jealousies, un-forgiveness, selfishness and fears. – Glenn Clark

## Caregiver Tip

Going on vacation can be stressful for you and your loved one. With a little extra planning, you can make the trip easier. Here are some tips:

1. Talk to their physician– Ensure that it is ok for your loved one to travel, request refills of prescriptions and ask for travel advice.
2. Bring extra medications–Ensure that you have enough medications to last a couple extra days in case your vacation extends longer than anticipated.
3. Make arrangements– The more you can arrange ahead of time, the less anxiety you and your loved one will experience while traveling. Confirm your hotel is handicapped accessible. If traveling by plane call ahead to book a wheelchair at the airport and reserve a seat where you will be most comfortable on the plane.
4. Maintain routine– Try to stick to your daily routine as much as possible. To reduce anxiety keep the same mealtimes, rest or sleep at the same time and maintain the medication schedule.

For more tips on traveling with a loved one go to:

<http://www.alz.org/care/alzheimers-dementia-and-traveling.asp>

## Resources

A searchable national directory of pharmacies that participate in medication disposal programs is available at [www.sharpsinc.com/locations](http://www.sharpsinc.com/locations). For more information on how to dispose of medications call the National Safety Council at 1.800.621.7615 or visit [www.nsc.org/safety\\_home](http://www.nsc.org/safety_home).

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